



CITY OF SAINT PAUL  
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## Indoor Soccer Rules

The goal of the St. Paul Parks and Recreation Indoor Soccer Leagues is to teach fundamentals, promote good sportsmanship and encourage participation. No standings will be kept. There will be no overtime and ties will stand. There will be no play-offs for this league. No trophies will be awarded.

Our league rules will govern play. Rules not covered by our modified league rules will be governed by the National Federation of State High School Associations. Municipal Athletic rules for player eligibility will be followed.

1. The size of the gym determines the size of the playing field.
2. Indoor goals will be used. The back of the goal will be placed against the wall.
3. The ball may be played off of the walls (sides & ends), the ceiling, and the benched players and spectators providing they don't interfere with ball. Note: A ball cannot ricochet off the ceiling or basketball backboard and go directly into a goal. It must first be touched by a player or goalie.
4. The official game ball will be a felt covered indoor soccer ball; size 4 for 10U and size 4 for 12U. The ball will be inflated such that when dropped from shoulder height, it will not bounce above the knees.
5. A team will consist of 5 players, one of whom is a goalie. A team must have 4 players to start the game (one of which must play goalie). In Co-ed at least two girls must be present on the floor at all times.
6. Uniforms: players must wear shin guards which must be covered by socks. Players must wear shirts (or pennies) with numbers. The goalie must wear a shirt that is different from his/her team and the opposing team. Tennis shoes must be worn.
7. There will be one official for the game.
8. A game shall consist of two 20 minute halves running time. There will be a five minute half. Time will be stopped only for time outs, injuries and at the discretion of the official.
9. Each team will have one time out per half. Teams may only call time out if the ball is dead or if they have control of the ball.
10. Teams will change goals after the first half.



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11. Substitutions: one or more players may be substituted into the game on a dead ball; or during play, one player at a time may be substituted into the game on the fly. During play, the coach has to stand or raise his/her hand, shout “substitution” and then send in the player. Coach does not have to wait to be acknowledged by the official.

12. There will be no off-sides, no throw-ins, and no corner kicks.

13. No sliding on the floor to tackle a ball.

14. Start of play shall be determined by a coin toss. The winning team kicks-off. The opposing team kicks-off at the start of the second half of the game.

15. On any free kick, the player taking the kick must wait until directed by the official.

16. Alternating Indirect Free Kicks

a. Are used when the ball goes out of play and the official cannot determine which team touched the ball last or the ball is interfered with by a spectator.

b. Team that did not get to kick-off at start of game gets the ball for the first alternating indirect free kick. Then it is switched for the second half.

c. It is taken at the place closest to where the ball was last in play.

d. It is recommended a possession arrow be used to keep track of these.

17. Seven Goal Rule: At no time during the game will the difference in the posted score be more than 7 points. Once a team is ahead by 7 goals, no more goals will be awarded to that team until the opposing team scores.

18. When the ball passes between the wall and the net or stops behind the net or on the netting of the goal, play will be called dead and the goalie shall be allowed to retrieve the ball. A goal kick is then allowed to restart play.

<b><i>Ball is out of play when it has....</i></b>	<b><i>then →</i></b>	<b><i>Ball is put back into play by a....</i></b>
completely crossed the goal line,	then →	center kick by the defending team
been interfered with by a spectator,	then →	alternating indirect free kick
been kicked into stands (doesn't come out),	then →	indirect free kick by team not last touching the ball
1) come to rest on top of goal net, 2) gone directly into a goal on indirect kick	then → →	goalie throw-in